



SLIM DOWN SANDY

GAIN POINTS AND LOSE WEIGHT IN 10 WEEKS!

Saturday, April 4th through Saturday, June 13, 2009

JOIN THE CHALLENGE:

Healthy Sandy Partnership is sponsoring this ten-week program to encourage all Sandy residents to increase their daily activity, become nutritionally conscious, lose weight while becoming healthier. Please note that youth can register and join the activities, but you have to be 18 yrs old to weigh-in.

WHEN & HOW:

REGISTRATION & WEIGH-IN: Get "Start-up Packet" with healthy tips and points card

- 1) Wednesday, March 25, 2009 9:00 a.m. - Noon
Sandy Senior Center Health Fair - 9310 South 1300 East
- 2) Saturday, March 28, 2009 10:00 a.m. - 2:00 p.m.
Alta View Hospital Health Fair - 9660 South 1300 East-Classrooms A & B
- 3) Saturday, April 4, 2009 9:00 a.m. - 11:00 a.m.
Lone Peak Park Indoor Pavilion - 10140 South 700 East
& Walk the Gold Medal Mile

OPTIONAL REGISTRATION & WEIGH-IN:

- 4) Wednesday, March 25 - Friday, April 3, 2009
Thin and Healthy's Total Solution - 9486 S. Union Square
Monday—Friday 9:00 a.m. - 6:00 p.m.

*First 500 people to
sign up will receive
a free pedometer.*

OFFICIAL WEIGH OUT:

Date: Saturday, June 13, 2009
Location: Lone Peak Park Indoor Pavilion - 10140 South 700 East
Time: 9:00—10:00 a.m.

OPTIONAL WEIGH-OUT:

Tuesday, June 9 - Friday, June 12, 2009
Thin and Healthy's Total Solution - 9486 S. Union Square
Tuesday—Friday 9:00 a.m. - 6:00 p.m.

PROGRAM INFORMATION:

- You will receive a points card when you register. Each activity you do will earn you points. Your point card must be punched at each activity to qualify for prizes. You are responsible for your point card (see reverse side for points information).
- Registering, weighing in, participating in the weekly 1 mile walks, and attending the nutritional talks are a few ways to earn points!
- On completion of the program each successful participant receives a t-shirt and prizes.
- For program information call Michele Carter at Alta Canyon Sports Center, 801-568-4602.
- Website: www.sandy.utah.gov/slimdown